

Precautions for the Great Outdoors

For some people, fall goes hand in hand with the hunting season. Hunters, as well as campers and hikers, should be aware that they could be exposed to diseases transmitted by ticks, fleas, and mosquitoes. The best way to avoid getting these diseases is to protect yourself from insect bites:

- C Use insect repellent containing DEET or permethrin (follow package directions).
- C Stay on trails outdoors and avoid areas of overgrown brush and tall grasses.
- C Wear protective clothing such as a hat, long-sleeved shirt, and long pants tucked into boots or socks. Wear light-colored clothes to easily spot ticks.
- C If you're in an area with ticks, check your body carefully for them every few hours. Ticks are small, easy to miss, and will attach to any part of the body from head to toe, so look carefully.

Additionally, to protect yourself against other potential disease sources, you should:

- C Let cabins and stands air out before cleaning them. Clean them in a manner that will reduce your exposure to dust.
- C Wear latex gloves when field dressing animals.
- C Avoid contact with any animals that appear to be sick. Especially do not try to handle injured animals or touch dead ones with bare hands. If you need assistance, contact a game warden, a park employee, or an animal control or law enforcement officer.

Remember to be safe while enjoying the out-of-doors!

For further information, contact Guy Moore or Bradley Hicks of the Zoonosis Control Division at 512-458-7255 or visit the TDH Zoonosis Web site at <http://www.tdh.state.tx.us/zoonosis>.